



# Registration Information

**Heritage Park**

**July 4, 2015, 7 AM—10:00 AM**

*Run/Walk starts at 8 am*

## Events Include:

**8:00 AM – Fun Run/Walk (5k/3.1 mi)**

**8:00 AM-10:00 AM Carson Valley Lions Club Pancake Breakfast (\$7)**

**8:00 AM –10:00 AM Yankee Doodle Dash**

**Deck yourself out in a patriotic costume and show off your American spirit!**

### Course

The Freedom 5K Fun Run/Walk will begin and end at Heritage Park on Gilman in Gardnerville.

It is a 3.1 mile route. The course is mostly flat and includes pavement, dirt trail and track at middle school.

A water station and first aid kit will be available near registration and another water station at the half way point of the route.

### Registration & Check In

**FREE FOR ACTIVE MILITARY & VETERANS** *(form must still be filled out)*

**\*\*\$15** in advance cash, credit card or check payable to Main Street Gardnerville

**\*\*\$20** day of event at table in Heritage Park, cash or check payable to Main Street Gardnerville

Saturday, July 4, Registration 7-7:45 AM

**\*\*Family Rates:** Family of 3, \$40; Family of 4, \$50; Family of 5 \$60 in advance. *(Add an additional \$10 per person if more than 5 people)*

**\*\*The registration fee includes Run/Walk registration, t-shirt and water.**

**\*\*T-shirts are only guaranteed for registrations submitted by June 19, 2015** *(T-shirts to be picked up at registration)*

**Time Limit:** The course will be set up for 2.5 hours.

Each participant will be asked to sign a liability release form at the registration booth on the day of the event if you have not already electronically signed the form.

**The Yankee Doodle Dash is an inflatable obstacle course/fun run for kids 12 and under. The event is free. A release form for each child will need to be signed before participating. Please sign up the day of the event.**